



3 - Achievement



6- Leprechauns

Brief Notes

Nimitz Park re-paving work is complete, and the park reopened to traffic on March 22.

Paving in February and March will be performed on the **Hirase area of Main Base and will affect the parking areas and roads by Bldg. 80, the Harbor View Club, Shogun Cafe, the Navy Lodge and the Wisconsin Loop.**

This area is reduced to one lane traffic from 8 a.m. to 4:30 p.m. each working day.

Please be attentive to directions given by flagmen and follow safe driving practices when driving through construction areas.

Contact ROICC at 252-3469 for more information.

University of Phoenix

The University of Phoenix has extended registration for the Masters in Management program until April 27. Don't miss this opportunity! Contact Kim Arthur at 252-3044.

USO Notes

Sasebo Stitching Group meets Fridays at 6:30 p.m. at Nimitz Park.

USO is seeking a **volunteer translator** to assist with the English outreach to Gion Elementary School. Please contact Courtney at 090-8914-8378.

The **Scrapbook group** meets April 4 from 10 a.m.-2 p.m. and 5:30-9 p.m.

USO is sponsoring a **quilt project** to benefit the Women's History Month banquet. Please contact Elizabeth Baker at 252-3592.

Movie night will be held at the Fleet Landing every Wednesday at 7:30 p.m. Free popcorn and drinks will be served. Call 252-3866 for more information.

The USO is looking for volunteers Monday-Friday from 10 a.m.-5:45 p.m. Call 252-3866 for more information.

For info on these or any other **USO programs** or services call Bridgett at 252-3866.

If you can sing, dance, tell jokes or play an instrument, stop by the USO Fleet Landing and sign up for the **Sasebo Idol** talent contest! Auditions begin April 20.

DUI Counter:
96 days as of March 24

Subway rolls into Bayside Food Court



(From the left) Subway Man, the Subway Outlet Designer, Commander, Fleet Activities Sasebo (CFAS) and Subway's Marketing Consultant /Area Manager, cut a 5-foot sandwich during Subway's grand opening ceremony at Bayside Food Court Friday, March 18. Sasebo's Subway boasts the same full menu provided by Subway locations in the United States. (Official U.S. Navy Photo by PH3 (AW) Yesenia Rosas)

Seventh Fleet, CNFJ stand together on drug policy

Rear Adm. Frederic R. Ruehe
Commander, U.S. Naval Forces Japan

If you're a regular reader of your base newspaper, you've seen a number of articles recently on the Seventh Fleet's drug policy. I want to add my voice to this very important message.

If you abuse drugs in the FDNF, you're going to get caught, and it's not a private affair. The penalties for drug abuse are severe, and the impact of drug abuse in our forward-deployed, Fleet-focused environment extends to degrading effects on both the readiness of our forces and relations with our host nation.

Our program for testing and prevention

in the FDNF is comprehensive. The Navy's testing methods are constantly being modified and refined to catch those who hope to beat the system. Our drug screening labs have increased the sensitivity of their tests to catch the slightest presence of illegal drugs.

And urinalysis is not the only means we have to catch drug users. NCIS, the FBI, and host nation law enforcement agencies are involved in our efforts.

Vice Adm. Greenert and his Seventh Fleet leadership have stated emphatically and unambiguously that drug use and the mission of projecting power from the sea can't exist together. I couldn't agree more. Drug use and mission accomplishment

can't exist together. When Sailors do drugs, they risk their lives, their shipmates' lives and the mission they serve.

Our Sailors are the best on Earth, and our Navy has the most modern, sophisticated equipment. The responsibility placed upon us requires that we all give our best effort. You can't do that if you use drugs.

Since the late 1980s, the Navy has had a "zero tolerance" policy with regard to drug use. This attitude of intolerance hasn't change since it was established.

Our resolve to achieve and maintain a drug-free Navy is relentless, and we owe our Country no less.

Reminder: knives, pellet/BB guns illegal onboard CFAS

JOSN Jeff Johnstone
CFAS Public Affairs

Due to recent occurrences at Fleet Activities Sasebo (CFAS) involving pellet guns and knives, CFAS would like to re-enforce the current ban on possessing dangerous instruments. According to CFASINST 5800.4L, any knife with a

blade longer than six centimeters, spring blade knives or switchblade knives, metal knuckles, trench knives or bayonets (except when carried for official military duties) are prohibited.

Straight razors, razor blades (except for use in personal hygiene) or any weapon made from a razor blade is strictly prohibited. Projectile-firing devices

(including blow guns, BB guns and pellet guns or slingshots) of any type regardless of the method of propellant used to propel the projectile.

Violation of any CFASINST is a violation of the UCMJ and will result in disciplinary action. For more information on pellet/BB guns and knives on CFAS, see CFASINST 5800.4L.

DoD issues confidentiality policy for sexual assault victims

Special release from the U.S. Department of Defense

The Department of Defense announced a new policy March 18 that establishes Department guidelines for confidential, restricted reporting by victims of sexual assault.

Restricted reporting allows a sexual assault victim, on a confidential basis, to disclose the details of his/her assault to specifically identified individuals and receive medical treatment and counseling, without triggering the official investigative process.

“Through our research, we have learned that providing confidentiality to victims will actually increase the probability that cases will be reported, cases that are currently unknown to us,” said Undersecretary of Defense for Personnel and Readiness David S.C. Chu. “While we want to sustain good order and discipline by holding those who assault their fellow service members accountable for their actions, first and foremost we

want victims to come forward for help.”

Many experts claim that sexual assault is the most under-reported violent crime in the nation and in the military.

Many victims are unprepared to withstand the rigors of a full-fledged investigation immediately following their assault.

Rather than comply with the Department's former policy of mandatory reporting, some victims did not seek treatment, thereby denying themselves access to needed medical services and support.

Restricted reporting is intended to give a victim additional time and increased control over the release and management of his/her personal information, and to empower him/her to seek relevant information and support to make more

informed decisions about participating in a criminal investigation.

A victim who receives appropriate care and treatment, and is provided an opportunity to make an informed decision about a criminal investigation, is more likely to develop increased trust that his/her needs are of primary concern to the command and may eventually decide to pursue an investigation.

Even if the victim chooses not to pursue an official investigation, this additional reporting avenue gives commanders a clearer picture of the sexual violence within their command, and enhances a commander's ability to provide an environment which is safe and contributes to the well-being and mission-readiness of all of its members.

The Joint Task Force for Sexual

Assault Prevention and Response (JTF-SAPR), in conjunction with the military services, will coordinate specific implementation details. The magnitude of this change requires extensive, in-depth training for all DoD personnel and specialized training for commanders, senior enlisted advisors, investigators, healthcare providers and others involved in sexual assault response.

To ensure consistent application across the military services, the confidentiality policy will become effective 90 days from the date the memorandum to the military departments was issued, which was March 16.

The policy memorandum can be found at <www.defenselink.mil/news/Mar2005/d20050318dsd.pdf>.

Sailors can TAP into Transition Assistance at FFSC

FFSC Marketing
CNI Millington Detachment

Sailors who are planning to leave the Navy or retire are encouraged to take advantage of the services offered through the Transition Assistance Program (TAP), available at no cost through the Fleet and Family Support Center (FFSC).

“Transitioning from military life to the civilian sector is serious business,” said David DuBois, program manager for Military Career Readiness Programs,

Veterans Affairs on VA benefits and information on disability transition assistance.

But the Navy's transition assistance program is much more than just a three-day workshop. “The real work begins after the workshop,” emphasized DuBois.

“That's where you actually have to start crafting your resume, getting your service record in order, and determining the appropriate licensing and certification requirements for the job you desire.”

enlistment can access the services up to 12 months prior to leaving the Navy.

“That's exactly when they ought to begin, because they're in competition with the civilian sector, and they've got to make sure they are going to be competitive,” added DuBois.

“Sailors are encouraged to visit their local FFSC to discuss their future plans with the transition team,” said DuBois. “They are there to advise, support and guide you through the transition process.”

There are 52 Fleet and Family Support Centers and more than 60 transition assistance program delivery sites worldwide. For more information on FFSC programs visit <www.ffsp.navy.mil> or call their 24-hour information and referral hotline at 800-FSC-LINE. Call the Sasebo office at 252-3604.

Additional information is available from Navy One Source at <www.navyonesource.com> or by calling 1-800-540-4123.

“Transitioning from military life to the civilian sector is serious business.”
-David Dubois,
Military Career Readiness Programs, CNI program manager

Commander Navy Installations (CNI). “Sailors should begin this process a year before separation or 24 months prior to retirement.”

According to DuBois, the TAP office can be used as a compass to help guide Sailors in the right direction. “It's not just a process that people go through because they're outbound. It's actually part of a parallel career development strategy they can use to help determine what their best options are at a given time. The transition process and services offered are part of a holistic lifecycle approach to career development,” he said.

The TAP workshops are designed to provide Sailors with the basic knowledge and skills necessary to plan and execute a successful job search.

Department of Labor instructors conduct the three-day TAP workshops, focusing on subjects such as skills identification, post-military goals and ambitions, conducting job searches, writing a resume, preparing for an interview, and dressing for success in a new career.

“I like to consider that workshop as the preparatory phase,” said DuBois. “It truly is the introduction to career change.”

The core TAP curriculum also includes presentations by the Department of

Local FFSC transition professionals can provide additional employment assistance and resources. While services will vary by location, they often include individual counseling; job fairs, search libraries and access to employment listings; automated tools and personal assistance for preparing resumes, cover letters and federal job applications; and guidance in preparing for interviews.

“We have the resources and the help to guide you through this process, but you have to do it yourself. No one is going to hand you your dream job,” said DuBois.

DuBois recommends that Sailors begin the transition process as early as two years prior to their retirement date.

Sailors who are going to separate at the end of their



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Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings
PSC 476 Box 93
FPO AP 96322-1100

FFSC’s guide for spouses of returning servicemembers

Released by Fleet and Family Support Center

Conclusion of a two-part story

Children’s reactions to the returning parent will differ according to their ages. Some normal reactions you can expect are:

Infants: Crying, fussing, pulling away from the returning parent, clinging to you or the caregiver.

Toddlers: Being shy, clingy, not recognizing the returning parent, crying, having temper tantrums, returning to behaviors they had outgrown (i.e. wetting their pants again).

Preschoolers: Feeling guilty for making parents go away, needing time to warm-up to returning parent, intense anger, acting out to get attention, being demanding.

School Age: Excitement, joy, constant chatter - to bring the returning parent up to date, boast about the returning parent, guilt about not doing enough or

being good enough.

Teenagers: Excitement, guilt about not living up to standards, concern about possible changing rules and responsibilities, feeling too old or unwilling to change plans to meet or spend extended time with the returning parent.

Prepare children for homecoming with activities, photographs, participating in preparations and talking about dad or mom.

Children are excited and tend to act out. Accepting and discussing these physical, attitudinal, mental, and emotional behaviors. Make sure to plan time, both as a couple and as a family, with the children.

Stay involved with your children’s school and social activities.

Take Time for Yourself

Look into ways to manage stress—diet, exercise, recreation—and definitely take care of yourself!

Make time to rest. Negotiate the number of social events you and your family attend.

Limit your use of alcohol. Remember alcohol was restricted during your spouse’s deployment and tolerance is lowered.

Go slowly in getting back into the swing of things. Depend on family, your spouse’s unit, and friends for support.

Remember...

Go slowly –don’t try to make up for lost time. Accept that your partner may be different. Take time to get reacquainted. Seek help for family members, if needed. If you feel like you are having trouble coping with adjustment, it is healthy to ask for help. Many normal, healthy people occasionally need help to handle tough challenges in their lives. Contact a counseling agency or a minister, Fleet and Family Support Center, Military Chaplain, or one of your community support groups that has been established in your area.

For more information, call FFSC at 252-3604.

CFAS Sailors receive recognition, earn honors at awards ceremony

MA3 (SW)
Enlisted Surface Warfare



MA1 (SW)
Navy/Marine Corps Achievement Medal



MA2 (SW)
Navy/Marine Corps Achievement Medal



EA1 (SCW)
Navy/Marine Corps Commendation Medal



During a General Military Training session on Friday, March 18, several Fleet Activities Sasebo (CFAS) Sailors received recognition for their hard work and dedication to duty. Engineering Aide First Class (SCW) Clinton T. Schuhart received the Navy and Marine Corps Commendation Medal.

Information Systems Technologist First Class (SW) Jason Dalton, though not in attendance, received his fourth Navy/Marine Corps Achievement Medal. Master-At-Arms First Class (SW) Ramil Motus received his third NAM. Builder Second Class (SCW) Anthony Edwards received two NAMs, Electricians Mate Second Class (SW/AW) Dauda Jefferson received his second NAM and Master-At-Arms Second Class Eric Johnson was awarded his first NAM.

Master-At-Arms Third Class Jessica Gabris earned her Enlisted surface warfare specialist pin and Legalman Second Class (SW) Stephen Thaggard was awarded the Good Conduct Award.

The **Sasebo Soundings** would like to congratulate the above Sailors and wish them the best of luck in the future. Keep up the good work! (Official U.S. Navy Photos by JOSN Jeff Johnstone)

LN2 (SW)
Good Conduct Award



BU2 (SCW)
Navy/Marine Corps Achievement Medal



EM2 (SW/AW)
Navy/Marine Corps Achievement Medal



Fort McHenry returns from Indonesian deployment

Journalist 2nd Class James Kimber
Amphibious Group 1 Public Affairs

USS Fort McHenry (LSD 43) returned to Sasebo, Japan, March 19 after spending nearly three months deployed at sea.

The amphibious dock landing ship deployed to Sumatra, Indonesia, in support of Operation Unified Assistance and ceremonies commemorating the 60th anniversary of the Battle of Iwo Jima.

Fort McHenry Commanding Officer, Cmdr. Mark Weber, said he couldn't be prouder of the tremendous efforts and dedication of the Navy and Marine Corps team aboard Fort McHenry during the surge deployment.

"From [the Navy and Marine Corps team's] superior performance in helping to prevent further loss of life and reduce suffering by providing humanitarian assistance for the victims of the horrific southeast Asia tsunami, through their outstanding commitment and untiring support for former Presidents Bush and Clinton's visit to the area, to the amphibious operations in support of the 60th Iwo Jima Commemoration, they excelled in

all mission requirements," said Weber.

"Although the personal gratification and professional experience has been very rewarding for all, I can state without hesitation, we are very happy to return to our families and friends in Sasebo," he added.

Fort McHenry joined Combined Support Force (CSF)

much-needed supplies. Included in the delivery was more than 2,000 pounds of supplies collected by communities attached to Fleet Activities Sasebo.

The ship also embarked personnel and equipment from Naval Mobile Construction Battalion (NMCB) 40 to support the effort. Embarked medical and dental teams

also provided care to more than 150 patients.

Fort McHenry also participated in activities marking the 60th Anniversary of the Battle of Iwo Jima March 12. Both American and Japanese war veterans joined Fort McHenry and embarked personnel from the III Marine Expeditionary Force (MEF) to commemorate the Pacific's bloodiest World War II battle.

Commandant of the Marine Corps, Gen. Michael W. Hagee, guest speaker at the ceremonial event, said he was proud to stand amongst the heroes and service members who set the standard.

"The battle of Iwo Jima remains as a landmark of mass courage and individual honor," said Hagee. "The world might not remember what we said or did today, but it

must remember what they did 60 years ago."

Fort McHenry is an amphibious dock landing ship forward deployed to Sasebo, Japan, and is a part of the Navy's only forward deployed amphibious ready group, the USS Essex (LHD 2) Amphibious Ready Group.



USS Fort McHenry (LSD 43) returned Saturday, March 19 from a near three month - long deployment to Sumatra, Indonesia in support of Operation Unified Assistance. (released by CFAS Public Affairs)

536 in Operation Unified Assistance and delivered more than 1.2 million pounds of humanitarian aid and disaster relief supplies to the area, which was devastated by the Dec. 26 tsunami. Assault Craft Unit 5's Landing Craft, Air Cushion (LCAC) and Marine Medium Helicopter Squadron (HMM) 262 helicopter support delivered the

New CMDCM selected as COMSEVENTHFLT CMC



CTF-76 Amphibious Forces Seventh Fleet Command Master Chief (SW/AW) Thomas Howard has been selected as Commander U.S. Seventh Fleet Command Master Chief.

CMDCM Howard will assume his new position in April.

Howard looks forward to his next challenge, but also reflects fondly on his three years in Sasebo.

"Sasebo is a great town," said Howard. "I've met some incredible people, worked with some great Sailors and have had great interaction with the Japanese Maritime Self Defense Force (JMSDF) and Ground Self Defense Force (JGSDF)."

According to Howard, a true highlight of his time in Sasebo has been the positive relationship enjoyed between the Navy and the people of Japan.

Howard looks forward to his new position.

"I look forward to being able to have a greater impact on the quality of life and quality of service of Sailors and their families in the Seventh Fleet area of responsibility," said Howard. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

CNP seeks Sailors' opinion on Navy life

Sharon Anderson
Chief of Naval Personnel Public Affairs

The Chief of Naval Personnel is providing an opportunity for 16,000 Sailors to help shape our Navy by participating in the 2005 Navywide Personnel Survey (NPS) in March.

Randomly selected officers and enlisted Sailors will receive letters inviting them to participate and providing instructions on how to take the survey.

The online survey should take about 30 minutes to complete.

"We value the opinions of our Sailors, and this online survey provides an opportunity to hear from the deckplates on a wide range of issues," said Vice Adm. Gerry Hoewing, Chief of Naval Personnel. "Their experience and knowledge helps establish a fix from which to plot our course to form policy and make decisions on the key areas of readiness, quality of service and quality of life - issues that directly affect the way we work and live in this Navy."

The NPS has been administered since 1990, and assesses issues related to the quality of work life balance, career development, satisfaction with Navy life and career decisions. Results from past surveys have had major impact on Navy readiness and Sailors' lives.

Initiatives spurred by past surveys include a renewed focus on funding for parts and supplies, career sea pay

expanded to officers with less than three years of sea duty and junior enlisted, improvement in the detailing process and design changes on shipboard berthing compartments.

The Navy Personnel Command's Navy Personnel Research, Studies and Technology office is conducting the survey. Questions on the survey may be sent to Dr. Kimberly Whittam, <kimberly.whittam@navy.mil> or by phone at (901) 874-2321.

For related news, visit the Chief of Naval Personnel Navy NewsStand page at <www.news.navy.mil/local/cnp>.

Seabees celebrate birthday at annual Seabee Ball...



A servicemember gets an opportunity to assist a Taiko drummer for some entertainment during the Seabee Ball held at Harbor View Club March 19. The Seabee Ball is an annual event celebrating the birth of the Seabees on March 5, 1942. (Official U.S. Navy Photo by PH3(AW) Yesenia Rosas)

The Fukuoka Softbank Hawks will take on the visiting Nihon Ham Fighters Sunday, March 27 at the famous Fukuoka Dome. If you haven't been to a Japanese pro baseball game yet, then you're in for a treat. All seats are \$30, including transportation, game ticket and balloons for the 7th inning stretch. Your MWR bus is scheduled to depart Main Base at 8:15 a.m. and from Hario at 9 a.m. and will return to Hario at 8:30 p.m. and Main Base at 9 p.m. Outside food and beverages are not allowed inside the dome. Camcorders are also not permitted. For more information, call 252-3433.

If you ever wanted to sail away into the sunset but lacked the skill and confidence to haul anchor and hoist the sails, now is your chance to go for it. Your friends at the Sailing & Outdoor Adventure Center are offering several basic sailing classes from now until the end of April so you can enjoy this great outdoor sport safely and with confidence. The last six hour class for this month is scheduled for Sunday, March 27. You can take the course in April on Sunday the 13th or Friday the 15th. Class times are from 10 a.m. until 4 p.m. Cost is \$35 per person. For more information, call 252-3500.

Make plans now and call for reservations to reserve a table for the elegant Easter Sunday Brunch at the Harbor View Club on Sunday, March 27 from 10 a.m. to 3 p.m. They'll be ample time for picture taking with the Easter Bunny, so dress up the little ones and join the festivities. Enjoy scrambled eggs, French toast, pancakes, sausages, bacon, hash browns, potatoes, teriyaki chicken, carved ham, beef broccoli, seafood Newburg, Japanese noodles, chicken macadamia, mahi-mahi, pasta, desserts and much more. Cost is \$14.95 for adults and \$7.95 for children 4-10. Youngsters 3 and under are free. For more information or to make your reservations, call 252-3965.

Board an open boat and let the current send you and your guests on your way downstream along the

Kumagawa River. Sometimes the rapids make for a swift and exciting ride, but unfortunately rapids cannot be guaranteed. Expect some water spray here and there as you enjoy some beautiful scenery along the way. After your ride, explore the deep underground Kyusendo Cave before you board the bus for the return trip to Sasebo. Sound like fun? Sign up today for the next Kumagawa Boat Ride trip, scheduled for Saturday, April 2. This trip is for adults only (18 years and older). All seats are \$40 including transportation, a guide and boat fees. Be sure to bring along your camera! For more information, call 252-3433.

You can do it! A great way to enjoy the summer and explore some of the great sites in and around Sasebo with family and friends. The good people at the Sailing & Outdoor Adventure Center (located directly across the street from the Community & Education Center) offer Coastal Sea Kayaking Certification classes on Saturday, April 2 and Sunday, April 17 for only \$35 per person. Class begins at 10 a.m. and continues until 4 p.m. For more information, please call 252-3500.


Bring your camera along for some spectacular photos of 99 Islands from high above the ocean during the 99 Islands Overlook Hike on Friday, April 8. You and your family and friends are sure to enjoy this leisurely walk under the guidance of a Sailing & Outdoor Adventure Center staff member. The hike is scheduled from 3:30 to 5 p.m. and costs \$5 per person. For more information, call 252-3500.

Sign up now for the two-person scramble tournament scheduled for Saturday, April 9 at the Tsukumo Golf Course. First tee time is set for 7:30 a.m. A \$5 fee is required at time of registration. Awards to the top three teams along with longest drive and closest to the pin. For more information, call 252-3588.

Know where you can get two delicious medium-size single topping pizzas for only \$10 between now and the end of April? At Galaxies, of course! What a deal. You can get not one, but two medium single topping pizzas for only \$10 during March and April. This very special offer may not be combined with any other coupon or promotion. For more information or to order your pizza special, call 252-2980.

This will be a block-party atmosphere, with our ARG Sailors the guests of honor!







Schedule for March 25-April 3

SHOWBOAT THEATER

TELEPHONE: 252-3622

Movie schedule is
subject to change
without notice

| FRIDAY, MARCH 25 | SATURDAY, MARCH 26 | SUNDAY, MARCH 27 | MONDAY, MARCH 28 | TUESDAY, MARCH 29 | WEDNESDAY, MARCH 30 | THURSDAY, MARCH 31 | FRIDAY, APRIL 1 | SATURDAY, APRIL 2 | SUNDAY, APRIL 3 |
|---|--|---|---|--|--|--|--|---|--|
| <p>5 p.m. <i>Robots</i></p> <p>7 p.m. <i>*Alone in the Dark</i></p> <p>9:30 p.m. <i>*Sideways</i></p> | <p>2 p.m. <i>Robots</i></p> <p>5 p.m. <i>*The Wedding Date</i></p> <p>7 p.m. <i>Alone in the Dark</i></p> <p>9:30 p.m. <i>Sideways</i></p> | <p>2 p.m. <i>Racing Stripes</i></p> <p>5:30 p.m. <i>The Wedding Date</i></p> <p>8:30 p.m. <i>Sideways</i></p> | <p>6:30 p.m. <i>Alone in the Dark</i></p> | <p>6:30 p.m. <i>Assault on Precinct 13</i></p> | <p>6:30 p.m. <i>The Wedding Date</i></p> | <p>6:30 p.m. <i>Sideways</i></p> | <p>5 p.m. <i>*Pooh's Heffalump Movie</i></p> <p>7 p.m. <i>*Boogeyman</i></p> <p>9:00 p.m. <i>*The Ring 2</i></p> | <p>2 p.m. <i>Pooh's Heffalump Movie</i></p> <p>5 p.m. <i>Boogeyman</i></p> <p>7 p.m. <i>The Ring 2</i></p> <p>10 p.m. <i>*Hide and Seek</i></p> | <p>2 p.m. <i>Are We There Yet?</i></p> <p>5:30 p.m. <i>The Wedding Date</i></p> <p>8:30 p.m. <i>The Ring 2</i></p> |
|  | | | | | | | | | |
| <h1>HARBOUR VILLAGE THEATER</h1> <p>TELEPHONE: 252-8753</p> | | | | | | | | | |
| <p>6:30 p.m. <i>Are We There Yet?</i></p> <p>9 p.m. <i>In Good Company</i></p> | <p>2 p.m. <i>Are We There Yet?</i></p> <p>6:30 p.m. <i>Assault on Precinct 13</i></p> <p>9 p.m. <i>Phantom of the Opera</i></p> | <p>2 p.m. <i>Coach Carter</i></p> <p>6:30 p.m. <i>White Noise</i></p> | <p>NO MOVIES SCHEDULED</p> | <p>NO MOVIES SCHEDULED</p> | <p>NO MOVIES SCHEDULED</p> | <p>6:30 p.m. <i>Closer</i></p> <p>No scooters, skates, skateboards, strollers or backpacks allowed in Theater. NO OUTSIDE FOOD OR BEVERAGES.</p> | <p>6:30 p.m. <i>Robots</i></p> <p>9 p.m. <i>Hide and Seek</i></p> | <p>2 p.m. <i>Robots</i></p> <p>6:30 p.m. <i>The Wedding Date</i></p> <p>9 p.m. <i>Alone in the Dark</i></p> | <p>2 p.m. <i>Pooh's Heffalump Movie</i></p> <p>6:30 p.m. <i>Sideways</i></p> |
|  | | | | | | | | | |
| <p>* in Premiere</p> | | | | | | | | | |

ROBOTS (PG)

Starring: Ewan McGregor, Halle Berry, Robin Williams, Mel Brooks and Greg Kinnear

This is the story of a young genius, Rodney, who wants to make robots capable of making the world a better place. He finds his dream challenged by a corporate tycoon and a master inventor. Big Weld, while also being seduced by a sexy corporate robot, Cappy.

THE WEDDING DATE (PG-13)

Starring: Gena Lewis, Dennis Hopper, Peter Egert, Sarah Polich and Julian Jarama

After returning to her parent's London home for her sister's wedding, a young woman has a male escort to pretend to be her boyfriend when she is forced to re-encounter her ex-fiancé.

POOH'S HEFFALUMP MOVIE

Rated G

Starring: Brenda Blethyn, Jim Cummings, Ken Sansom, David Ogden Stiers and Jimmy Bennett

Pooh, Tigger, Rabbit and the gang from the Hundred Acre Wood go on an adventure in search of the mysterious Heffalump. They learn important lessons along the way.

ALONE IN THE DARK (R)

Starring: Christian Slater, Tom Hanks, Stephen Dorff, Mark Adelson and Allison Sweeney

A detective of the paranormal, unexplained and supernatural, investigates the recent mysterious death of a friend. Clues lead him to "Shadow Island," bringing him face to face with bizarre horrors that prove both psychologically disturbing and lethal. He soon discovers that evil demons are planning on coming back to life in the 21st century to once again take over the world.

HIDE AND SEEK (R)


Starring: Robert De Niro, Dakota Fanning, Frankie J. Jackson, Dylan Baker and Robert John Dolan

A father discovers his 9 year-old daughter has come up with an unexpected and terrifying way of dealing with her mother's death through an imaginary friend. The daughter has an imaginary friend named Charlie and her father soon realizes that Charlie isn't make believe.

Premiere Feature

Heffalump

Heffalump nice day.



Sasebo Elementary students go on leprechaun hunt

Beth Martin
Sasebo Elementary School Correspondent

Sasebo Elementary School had some very unusual visitors Thursday, March 17. The visitors, who came and left anonymously, visited several classrooms and created havoc. Although they left a trail of green shamrocks, green footprints, overturned chairs and in some cases overturned desks, they were never caught. Students in Ms. Duncan's and Ms. Hermosura's 2nd grade classes used their deductive reasoning abilities and logic skills to try and find the wee folk. They followed the green footsteps and went on a leprechaun hunt around the school. Later they integrated math and Irish culture to do graphing with Lucky Charms cereal. The students used their language arts and writing skills to write Leprechaun stories and also read the story Timmy Goes to Ireland. Just in case the visitors decided to return to the classrooms the students used their engineering ability to build traps for the

pesky visitors. One might ask, how do you trap such a mysterious creature? Using the information they had synthesized from their research on leprechauns the 2nd graders were able to build several different types of traps. Knowing that leprechauns are attracted to gold, many of the students used gold paper to lure them into boxes. One group of students equipped their trap with a small bed to ensure the comfort of the leprechaun. Others used a great deal of string inside the trap to tangle their nimble feet and prevent escape. Based on the disarray left in their room the students in Ms. Williams' 3rd grade class estimated there were four of the wee folk. The students used their deductive reasoning and clues throughout the room to conclude the size of the visitors but they were unsuccessful in finding them. "We think they were hiding in the cupboards, and we saw one fly under the teacher's desk, but they were too fast for us and they all got away," said Ms. Williams.



A couple of Sasebo Elementary School students Wylene construct a graph of Leprechaun believers. The students embarked on a St. Patrick's Day leprechaun hunt Thursday, March 17 allowing them a chance to exercise their deduction and reasoning skills in the process. (Photo by Beth Martin)

MWR, FFSC surveys seek Sailor opinions on quality of life

JO1 Teresa J. Frith
Navy Personnel Command Communications

Two Navywide quality of life surveys are scheduled to come out in early April that will allow Sailors and their families to give their opinions on Morale, Welfare and Recreation (MWR), and Fleet and Family Support Center (FFSC) programs. Navy Personnel, Research, Studies and Technology developed the surveys, and will use the results to gauge the overall satisfaction of the two programs. The MWR survey will cover programs

and services, such as child and youth development, fitness centers, golf, bingo, bowling, swimming, outdoor recreation, Internet access and movies, while the FFSC survey will cover programs including personal financial management, relocation assistance, transition assistance, spouse employment, deployment support and family advocacy. Questions will be asked on frequency of use, satisfaction, and the importance of these and other programs. "The surveys' results will give program providers at all levels information to help

measure program effectiveness, determine trends and make adjustments necessary to provide the most desired MWR and FFSC programs and services consistent with available resources," said John McCausland, assistant commander, Navy Personnel Command, Fleet Support. Notification letters are being prepared and will be mailed to approximately 35,000 randomly selected active-duty enlisted Sailors and officers. The letter will include a user ID and the Web site address to access the Web-

based surveys. Participation is voluntary, however, responses are highly encouraged. The results of the surveys will be analyzed this summer and briefed to top Navy leadership, posted on Navy Web sites and provided to those chosen to take the surveys. For related news, visit the Navy Personnel Command Navy NewsStand page at <www.news.navy.mil/local/npc>

Safety Corner: Buckling safety belts greatly reduce death, injury

Charles Carr
CFAS Safety Department

Safety belts reduce death and injury by almost 50 percent. In crashes where they were not wearing safety belts, children between the ages of 15 and 18 suffered more brain injuries than any other age group. National experience demonstrates that primary enforcement laws increase safety belt use rates by 15 percent. An increase like this would save 50 lives, prevent 1,200 injuries and save \$70 million in health care costs, lost wages and property damage. The increase in use would save ten children a day from injury on roadways, not to mention saving \$2.5 million in hospital costs spent caring for children with neurological injuries they received in crashes where they

were not belted. Since head injuries are so catastrophic, the cost of medical care soon depletes a family's ability to pay. National averages show that 77 percent of motorists buckle up in states that allow primary enforcement. Last year, the safety belt use rate averaged 64 percent. In rural areas, where 70 percent of the fatalities occurred, safety belt use was only 58 percent.

Ejection from the vehicle is one of the worst injuries that can happen to a person in a crash. In fatal crashes, three-quarters of the occupants who were ejected from passenger cars were killed. Safety belts provide the greatest protection against occupant ejection; in fatal crashes, only two percent of restrained passenger car occupants were ejected, compared to 25 percent of unrestrained occupants.

Jewish passover seder to be observed

released by CFAS Religious Ministries

There will be a Jewish Passover Seder on Saturday April 23. Whether active duty, family member, or civilian, Jewish personnel are invited to participate. Point of contact is Ensign Nick Parker at 252-1212. Passover is an eight day observance commemorating the freedom and exodus of the Israelites (Jewish slaves) from Egypt during the reign of the Pharaoh Ramses II. To celebrate, it has now become a time when families and friends gather and retell the story of Passover while reading the Passover book, the Haggadah. Like most holidays, the focal point is food, with

this special meal being known as a Seder. The most significant item at the Seder is the matzah, an unleavened bread which commemorates the Israelites who fled quickly into the desert with no time for their breads to rise. They were forced to bake the dough into hard crackers in the desert sun. This symbolism continues today, eating only products without any yeast during the eight day holiday. Passover begins on the 15th day of the Jewish month of Nissan. As the Jewish day begins at sundown the night before, for the year 2005, the first night of Passover will be April 23. We invite all Jewish personnel in Sasebo, regardless of rank, to join us this first night of Passover.

E. J. King letter jackets now on sale!
The E.J. King High School PTO is now taking orders for E.J. King Letter Jackets. Students have received forms from their seminar teachers, and forms are also available in the Student Affairs Office. The jackets sell for \$50.00. The completed form must be turned in to the Student Affairs Office by Friday, April 1. Show your King Spirit and Cobra Pride with an E. J. King Letter Jacket!



Fleet Gym 252-3588

Hario Gym 252-8691

Hitmen survive Ft. Mac attack; capture win 27-26



A charging Fort Mac defender (left) pursues the Hitmen's quarterback during second half flag football action Tuesday, March 22 at Nimitz Park. Roseboro would go on to make this sack, but it was the Hitmen who sacked the Mac in the final score. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

Sasebo youth swim team announces regulation changes

Frank DeSilva
MWR Marketing

Rules and regulations for the Sasebo youth swim team have been significantly modified this year, according to Sasebo Youth Sports Director Tony Benton. The new changes are effective immediately for the 2005 season, which begins Wednesday, July 20 and runs until Saturday, Aug. 27.

Unlike previous years, youth ages five to 18 must demonstrate the ability to pass a swim test before being allowed to join the team. Children under five are ineligible to participate. To qualify for the team, a child must demonstrate the ability to swim 25 meters using the freestyle stroke and tread water for one minute.

Benton said a certified swim instructor will administer a swimming test prior to the beginning of the season.

"There has been some confusion in the past concerning joining a swim team and learning how to swim. The purpose of the swim team is to improve stroke techniques. Children who cannot perform basic swim strokes should consider enrolling in morning swim lessons," he said.

Another major policy change involves the issue of swimwear. Effective with the 2005 season, MWR will only provide team t-shirts, goggles and caps to swimmers. Individual participants will be responsible for their own swimsuits (solid color Navy blue suits are recommended).

Benton said MWR will no longer support season-ending overnight trips or other excursions. In previous years non-MWR youth swim team organizations raised funds and arranged for extracurricular excursions, but they were not an official function of the Sasebo MWR youth swim team program.

"In the past there were instances where some parents felt pressured to participate in a series of fund raising activities to help raise funds for the trips. Membership on a swim team is totally independent from any private organization.

"To prevent things like that from happening again, coaches, parents and swimmers may not conduct any business on the swimming pool deck relating to a youth swim team private organization before, during or after any swim team practice," Benton said.

Another change this year involves awards and recognition. Benton said ribbons will no longer be issued at swim meets, although times will be recorded and made available for coaches who may want to recognize swimmers for exceptional performance at each swim meet. Individual participation trophies will be awarded at the end of the season.

Benton expects approximately 80 children will participate in the swim program this year. Registration begins Monday, Apr. 11 and continues until Friday, June 3. The cost is \$25 per participant with PAYS and \$30 without PAYS.

Practice begins June 30 at both Main Base and Hario pools. The season will include a total of five swim meets; two at Main Base, two at Hario and one in Arita.

"It's important for parents and swimmers to understand that our program is intended to provide a supervised swimming environment with emphasis on fun, sportsmanship and participation. It should not be confused with a competitive activity," Benton said.

Parents seeking a more competitive swim environment for their children are encouraged to enroll them in a Japanese swim program in the local community.

For more information about the 2005 Sasebo swim team program, contact Benton at 252-8963.

Fitness Tip: Strengths and weaknesses of free weights and strength machines

Alec Culpepper
Fitness and Aquatics Director

Have you ever wondered which method is better, free weights or strength-training machines? The truth is, each has its advantages and disadvantages.

The choice depends on your level of experience and your exercise goals, and to some extent, your personal preference.

Free weight advantage

Free weights incorporate the stabilizing muscles that enable you to perform the movements you choose to make.

Free-weight exercises tend to more closely match the movement patterns you're likely to need for specific sports.

Free weights are more versatile—you can do a wide variety of exercises with a simple set of dumbbells.

Free weight disadvantage

You must learn to balance the weight while exerting

force. This can be difficult—and potentially dangerous.

Free weights can be swung for momentum rather than lifted slowly and steadily, which better trains the muscles.

Training alone can lead to injury if you don't use proper technique.

Machine advantage

Machines are generally safer and easier to use, and advantage for beginners learning a specific movement.

Some machines are more efficient than free weights at isolating a specific muscle or muscle group.

Machine workouts can take less time because you can move easily from machine to machine.

Machine disadvantage

Most machines involve moving a weight along a predetermined path, making it difficult to strengthen the stabilizer muscles.

Machines are more limited, with most devices allowing only one exercise.

Most machines are geared to the average sized person.

Upcoming Sports

Spring Intramural Basketball League:

Season Begins: Monday, April 4
Event held in Fleet Fitness Center
Mandatory coaches meeting on Thursday, March 31 at 5:30 p.m. in the Fleet Fitness Center Office.
The league will run from April until the end of July.
Entries due: Wednesday, March 30.

Fitness Assessments

Tests on flexibility, strength, cardiovascular fitness.
Health risk appraisals for cancer, diabetes, heart disease, stress, and depression.
Stop by Hario or Fleet Fitness Centers for an appointment. \$10 for civilians, active duty free.

Winter Basketball Standings

| Rank | Wins | Losses |
|------------|------|--------|
| 1 Showtime | 15 | 5 |
| 2 Outlaws | 14 | 6 |
| 3 Wolfpack | 4 | 8 |
| 4 Seabees | 2 | 9 |

Flag Football Top 4 teams

| Rank | Wins | Losses |
|-------------|------|--------|
| 1 Dragons | 21 | 2 |
| 2 Hooligans | 9 | 10 |
| 3 Guardian | 6 | 5 |
| 4 Hitmen | 6 | 13 |



FROM THE BENCH

with hosts
**Shaun Ally,
Dennis Lebling and
Dave Glazier**

Thursday mornings 8 – 9 a.m.

Email your comments to
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